

1-25-19

January - The end of a new year month, I am sitting in a bed @ the I-building - actually loving the freedom yet support I feel outside my duties.

Florida seems safe + comforting to me, I am supposed to map out the rest of my years -

5 years, 3 years, 1 year.

I am also trying to sort out my life - what is it that I want + need? Focused on myself this time around but like a kid with Aspergers unsettled in the change.

I obviously don't know what the future holds but also don't know where I'll be - but I would like to remain sober - although getting high - like an Aspergers kid.

what we pay attention to grows + so  
what if I tried another strategy -  
to acknowledge when really  
hurting or just pretend + put  
at my consciousness.

1-26-19

So open your eyes to a new  
a light → I have wandered  
around your darkened land all  
night. Cried this morning  
because I realize that part of  
this thick pain in my heart is  
related to the fact that I  
don't have either brother as  
part of my life. That's a heavy,  
sad truth.

It's raining here in Florida -  
I'm building. Actually nice to  
be in I building - don't have  
to deal with the chaos of  
it all.



I am slowly healing in new ways -  
this past time was a Relapse  
that maybe I needed.

As Lisa said, "this is just part  
of your journey" + that feels  
right.

I concentrated on Kevin last time  
+ not myself. This time going to  
be different. I may go see a  
mone today. I don't have ADD,  
Do I? :)

I've made peace with all of it -  
Somehow. Maybe it was just time  
- maybe this is how you mend +  
heal. By giving time + walking  
through it!

I want to imagine a different,  
or rather more fulfilled life  
for myself. It definitely involves  
sobriety + making some hard  
concrete decisions in the next  
few months.

A year from now...

January 2020

- (1) Been subee from C + hard for a year!
- (2) working on livelihood as main job / project.
- (3) Living? Florida weather, but home is where my family is.
- (4) Super solid single - or beginning to date / find romance
- (5) Not in Relationship Limbo
- (6) Eggs frozen / harvested / pregnant.
- (7) Fucking non-smoker.
- (8) Exploring other opportunities + taking them - for career
- (9) No debt + credit built.



I know that adventure must be added to my sobriety list -

And it is. I am jumping in shower, going to get my car + then see where the Day takes me.

What is my #1 goal today?

To see if you can not smoke a cigarette - without others - Babe. only

Do not contact Kevin

Attend 2 meetings?

Do something fun for self.  
Movie?

1.27.19

Today is the day - a day - to  
start a new. To start over  
again... I have been pre-occupied  
with thoughts of K. But he is in  
no position to give me what I  
need. His life has been turned  
upside down by not seeing his  
daughter. And if I care for  
him despite the fact that he  
played-unintentionally with  
my heart - I will let him go.  
My strategy? He is gay.  
It broke my heart to see  
him in this place. I think  
what keeps coming up for



me is my brothers. How I don't  
have them in my life anymore  
I'm looking forward to starting  
my clinical week, really diving  
into therapy and working on the  
parts of me that need love,  
support, and tenderness. what  
does that look like? well for  
starters it begins with truly  
letting go of all expectations.  
Committing myself to Reality @  
all costs - knowing this is  
where I will find ultimate  
serenity.

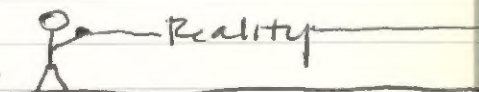
It involves me engaging actively in the program - with my Sponsor, going to meetings, Following the advice of clinical staff, praying, meditation - you did so well training your mind to be quiet. I have to be abstinent. I can't, don't want to, fight this anymore. It involves Focusing on all that I need to Focus on. It involves being around + being with the people who are available to love me + give me support.



It involves true letting go -  
Surrender. Emotionally + Spiritual  
on my knees. It involves  
doing the work + doing it well,  
I think my age plays into all  
of this - 37 + about to turn  
38 without children, husband,  
a clear path forward.  
Not ready or wanting to let go  
of the comfortability of Howard

It's the trying to deal with  
Extremes. Do I cut off  
entirely + not talking - in my  
mind make it "one". What  
is the healthy way to be?

It's either all or nothing - how  
do I cope with the unknown +  
let it go? wanting to reach out  
+ share - my life with others

Balance.  Reality  
walk the line...



How do I see it?

what if I know in my gut  
that its no longer there?

what are the good things?

Can you forgive self for engaging

Yes. It happened. Even though  
I made it happen.

What were positive things about  
it happening?

- I like/can feel passion/sex
- Attraction is important

What is the residual?

- wanting to have sex
- to avoid dealing with emotions?

Why can't be with him?

- not emotionally available
- Dealing with daughter/wife
- Dealing with Howard
- emotional immaturity
- unstable

ups ↑ + ↓ downs

- letting another person control  
Emotional States

- Feels Harsh - "all + then  
nothing @ all"

- Rollercoaster

- Not taking care of self

- Giving away my power

- He could die - another loss.  
What can I do to improve?

- Not reach out via text and/or  
phone

- Not deliberately try to be  
around him.

- He is Dangerous for me  
Right now.

- letting go, + letting God.

- Do opposite of instinct

Have this bizarre conundrum -  
LIFE IS SO SHORT - Don't waste it  
+ grab what you want. Go  
For it.

VS.

let time be. Time will heal.  
Time is on side + only way

But

what IF I don't feel like I  
have a lot of time?

So... Simplify.

- Keep it simple.

- let go, let god.

- Inward Focus.

- one day, @ a time



1/27/19

It's been a strange weekend  
what I feel in my gut is that  
it's over - @ least for now +  
probably a long time. what I  
know now is that he is hurting  
doesn't respect my mind enough  
think I have anything to offer  
thinking I am obsessive (I am  
compulsive (I am); and clingy  
But those are only parts of me  
only parts of the disease.

As a service, I need to let go  
for him. And I am - but I  
still want to be his friend.

Although is that possible?

Is it possible to just be a  
Friend? Time will tell. I am feeling  
stronger by the day + really trying  
to keep the Fews on me + have  
Faith. Real Faith. That things  
will work out + be / I will live a  
life beyond my wildest dreams.  
I will for now, use the Fellowship  
as my higher Power. I am  
going to do 90 in 90. Will make  
the 7 am meeting tomorrow  
@ crossroads and have a full  
day of therapy + Fews. I  
get a massage tomorrow too.

I think he is rather immature -  
he gets uncomfortable being  
around me and I hate that.  
His entire disposition has changed -  
and he did say that it won't  
be like that forever. But the  
guy who I thought I was  
falling for is no longer here.  
It's just not him anymore.  
I want sobriety at all costs -  
I am willing to go to any  
lengths to get it. I want a  
miraculous life - filled with  
things, people, + plans I love



A few things that were said in meeting that resonated with me -

- ① Accept your powerlessness - over situations. The more I try to hold on, the more I will lose.
- ② Align values + virtues with who you are - in all that you do.

What do I value -

- ① Integrity
- ② Honesty
- ③ Passion
- ④ Kindness - random too.
- ⑤ Respect
- ⑥ Love
- ⑦ Family
- ⑧ Humour / Fun
- ⑨ Compassion
- ⑩ Justice / equity / equality

I do value myself. I value the woman I am. But I'm not honoring her.

I also think that we won't end up being together - I have no more illusions. Things that really make me wonder / quiver - and I saw it the first night I was with him. When he kicked me out of the car + left me to walk home.

- ① Doesn't give a damn really - Super self-centered
- ② Never asks about you or follows up on anything - can't be bothered.
- ③ Constantly spilling - could be something else though so not trying to be judgemental
- ④ His looks sometimes make me uncomfortable

Bottom line: I don't think he was who I thought he was.

what I Feel on, grows —

So that all I am going to

Say For Now. —

I have to get up early for  
meeting - 90 in 90.

1.28.19

I am grateful For another Day.

I am grateful For my Father.

I am grateful For the bird that

Sang outside my window when  
asked For Beans.

He is here with me.



Dear Kenn,

when I first met you, I felt  
an instant yet unattainable  
attraction. I was also surprised  
+ happy that there was someone  
my age - from my area - + felt  
a familiarity. The first week of  
treatment you were gone and I  
was focused on myself but in the  
back of my mind - I wondered  
when you were coming back,  
we spent that Friday together +  
again I felt a mutual attraction -  
this is where it all began.  
The text messages - Flirtatious  
in nature -

The first night we were going to meet, I didn't call you - and as I was walking home let you know that I didn't think it was a good idea. You were disappointed saying I left you "hanging" + so I gave in + we met.

Kissing you for the first time - was magic. I remember thinking that I could just kiss you forever - and one thing led to another and we were entangled in each others arms + had mind blowing sex. Towards the end - your wife called and you rushed to kick me out of

The car - I smoked a cigarette while you sat in the car talking to her - and I remember thinking this is a disaster. You came out + told me you had to go - could drive me home but I insisted on walking. I cried on my way back - thinking about how incredible an experience but how awful the ending felt. As if I had just been used for sex - a street walker - there was ~~no~~ no peace in my heart. A familiar feeling came over me + I vowed to let it be



Enc. [redacted]

you text me how sorry you were  
for how it went down and asked  
if you could make it up to me.

And so it continued.

Your text messages + sentiments  
became stronger through the next  
few weeks. My last day with you  
we / I cried as you held my face  
+ told me that the future was  
unknown.

we made the decision to not  
communicate over the holidays -  
you wrote me a few mornings  
later - the 23rd - saying how  
much you missed me. said

you knew you shouldn't contact  
me but couldn't help yourself -  
that you wanted me to know you  
were sleeping on the couch +  
I hadn't left your mind.

The texts + sexting continued from  
there - sending each other pictures  
+ making sweet promises.

You begged me to see you the wk  
of the 12th. saying it would be  
a "crime" to not see what still  
existed outside the bubble.

I was conflicted - b/c I  
didn't want to be a mistress +  
honestly didn't want to be  
"that" woman to your wife

But I came back to Ocean Drive  
conflicted + needed to process -  
both Jessy + Randal were at  
that week + I let it out  
after being told to "talk about  
it" - that it would release the power.  
I became more confused +  
ashamed of letting our business  
out in the open.

A few days before New Years -  
yw text me @ 5 am + began  
speaking sexually - then ended  
abruptly + it felt bizarrely  
familiar again - I felt used  
+ thought it was selfish.

I may not have <sup>been</sup> experienced  
a good sex life @ home but I  
did have a partner who thought  
about me + my needs before  
his. I wrote you a text that  
you should concentrate on being  
@ home. "How can you see if  
anything possible with your wife  
when you seeing me @ 5am?"  
You asked me to "let you think  
about it" and hours later said  
you thought I was right.  
But that you still wanted to  
see me on the 12<sup>th</sup> weekend.  
Our conversations / contact  
got more sparse. ~~at you~~



I have to admit that although  
it's what I had said, it wasn't  
what I wanted. I text you  
on the 8th/9th to ask about the  
12th weekend + you responded  
that you were conflicted + didn't  
think it was best.

I broke down + numbed my  
feelings in cocaine.

we didn't speak for the next  
10/12 days + I guessed what  
I thought was synchronicity —  
the spark I had desired for  
so long — I was finally  
coming around to letting it all  
go with you + then receive

a text on Tuesday the 22nd —  
"You haven't left my mind —  
I relapsed" I am ok + going to  
cann - no needles - my wife is  
divorcing me. wish you were here  
I'd like to get sober + try with  
you... but if you don't I'll  
understand - I guess I wanted  
this to happen on some level"  
It was what I ~~was~~ had wished  
for ~~but not~~ (minus relapse) but  
didn't think it was possible.  
on Friday the 25th - you  
once again went radio silent  
saying you needed time to  
figure shit out.

I want to make it very clear  
that I 100% agree that you  
can only focus on self right now.  
Yur' life is @ stake. -

But for my health + sanity -  
what am I supposed to do with  
these emotions? The Rollercoaster -  
you telling me that "you were  
on henon, + had just been kicked  
out of your own house" while  
writing me those intense texts -  
makes my stomach churn - Feeling  
used. An innocent victim in your  
twisted / wicked games.

So where do we go from here?  
I have been working on letting  
go but I don't want to resent  
you. I am here for sexual trauma  
loss - both you have healed +  
hurt. I have a part in all of  
this - that is my work.  
How I let myself get involved  
with unavailable men  
who can't give me what I need  
maybe this was a Fantasy  
I created in my head. Maybe  
you too are like a drug -  
addicted to the feeling of  
being "safe" - made by another  
or the fact that the sex



Carol

was incredible for the first time -  
in a long time. Whatever it  
was - Feelings were felt +  
remain unsettled. I think it  
is best we talk in person.

1/30/19

So thankful that January is  
almost over - *adieu*! 1.27.19  
is my date + goddamn it it  
better be my last. I've had one  
of my hardest days - my sex  
drive is out of fucking control.  
Like literally, I am in heat.  
I told Kevin the truth about how  
I was feeling - felt exposed +  
vulnerable so didn't go to dinner.  
Needed a break from seeing him.  
we are supposed to have a therapy  
session on Monday and I am  
still unsure of it all. There is  
a piece of me that wishes

I didn't have to do it. But  
maybe it would be healing and then  
again maybe it would open up more  
wounds that will take me longer to  
adjust + get over with. I am  
going to give it a few days +  
see how I feel. I erased his  
number from my phone - so can't  
contact him unless he is to contact  
me which he won't. I think I  
need to have sex in order to  
feel good about not having sex  
+ to get it over with. Neil's  
friend is a sex addict which  
might work out well.

I know its not the healthiest  
way to deal with things but  
@ least its better than drugs  
I am focused on myself + my  
needs + sex seems - @ least  
at this moment to be one of  
them. I don't know if I even  
need to kiss a guy - just  
come over + fuck me - sober.  
I think I'm going to go to  
the AA meeting tomorrow night  
And maybe he will be there?  
maybe not. But I have always  
been boy crazy. I remember  
pulling up my skirt in 2nd



grade and showing the boys  
my underpants. Hyper-sexualized  
@ a young age. what is this  
due to? was I molested. I  
think so - I can't remember  
specifics but I do remember  
trauma - I remember not liking  
the woolzacks house; I  
remember somewhat being  
sexualized with caroline; I  
remember having sex with friends  
@ a young age; shaves w/  
my dad (probably not appropriate);  
Being turned on when I  
wasn't suppose to be. I

remember the Q-tips - I hated  
getting my ears clean; beating  
my vagina due to overhearing  
parents having sex;  
what made me so Attached?

- my mother not emotionally available -
- my Father was - message - I could get love from men.
- "I'm not your mother"
- Blanket being taken away
- not letting myself go to bathroom
- Being wiped until too late in the game -

-  
I could list all the Reasons -  
But I can't seem to find

The solution.

1/31/19

The last day of February!

Thank you Lord Jesus. I am getting better each day + realizing it was the intimate connection that I am growing + got obsessed with. It's been a long time - but its not him. He is a sweet guy but I honestly am not that internally attracted to him. He is emotionally immature - aren't we all - but shows me how I don't want to be + what I won't stand for

in my life. Today, I feel it isn't necessary to have a convo with him - what's the point? I would rather have the mistake + take the lesson. What did he teach me? - That intimacy is so important to me. - That falling head over heels isn't necessarily healthy - That I choose men who are unavailable to me. He also taught me about my own pathetic/immature/nedy behavior that I would like to change. I don't need to be nedy. I need to be self-assured +

Confident that I can + will have  
what I desire.

what do you desire?

- Livelihood 2.0 - Financial independence
- A brown haired man who is affectionate, stable, + kind + smart to live my life with
- Children - a family of some kind
- A happy, adventurous, + passionate life with a happy, adventurous, + passionate partner.

When I am certain that I'd  
rather be alone than with  
just anyone - I will find him.  
OR he will find me.

You will have all  
you desire! Trust  
the Process. Trust  
yourself + your ability  
to manifest all your  
Dreams. You go this,  
Ashley Blazer Biden.



## Prayer

" Please whoever yw are  
→ Please keep sober today "

" Thank yw for keeping me  
sober "

pg. 86 upon Awakening + @ dawn

pg. 417 Acceptance

Big Book -

AA Big Book App - Free

Text - Everyday

Pr's + con's

Praying to be ok - to love  
Self. Help me love me.

## Other Assignments -

1) 5 Gratitude each day  
- Nothing can purchase

2) Pr's + con's list of Kevin

3) Affirmations.

4) Set Bundles for me

Reason, Season, Lifetime.

# Continued Relationship with Kevin

<u>Pw's</u>	<u>con's</u>	<u>Pw's</u>	<u>con's</u>
Insane/deep sex	WIFE child		Not Feeling Safe anymore
Kissing - like smell of breath	WIFE not leaving him Started relationship when in another relationship		Feels guilty - both of us
<del>WIFE not leaving him</del>	<del>WIFE not leaving him</del> Get hurt b/c still in Relationship		No undying commitment to another
	might go back to his wife		Not available to meet my needs
	Daughter resents me		Long distance
	WIFE calls news stories		No Romance or Real Intimacy
	Not sober + ches		Doesn't know who he is <u>Yet</u>
	Emotionally unavailable		More time Focused on Something that may go nowhere.
	Reason for leaving		
	Toss me out - Again.		
	Back + Forth - unstable w/ emotions		

What are my boundaries -

- ① open to seeing / exploring if separated
- ② open to intimacy again in future
- ③ No back + forth with my emotions
- ④ needs to be sober to engage
- ⑤ Being honest with me about state of Affairs - is he really unhappy
- ⑥

1/31/19

The last day of January - For

Some reason the 27th just sticks  
in my head as being a great

day. My ego always in the way  
I met a woman @ meeting last  
night + she was holding a baby -  
2 months old. She doesn't look like  
me, don't know how educated,  
just totally different. Yet she  
helped me more today than anyone  
has - maybe I was ready to  
receive it all. I am so  
grateful. I feel as if a weight  
has been lifted. One day @  
a time.



2/1/19

February! Hurray. That much closer to Spring... although I need to stay present. And be grateful for today. I had some up's + down's today. Started the day with boxing! which was incredible. Going to go Sunday as well. And next Wednesday + Friday. Kenn + I are having a therapy session next week which will be difficult. + super awkward. But it will provide me with closure that is needed. I am going to head to meeting tonight @ 7 pm - marshall's for clothes + then maybe a movie?

Tomorrow I already have my day planned - Getting up in the Am -

9 am + going to the gym -  
then Home to Shower -

9 am - gym  
10 Am - Shower/Home  
11:30 Am - Lunch @ men's House  
2:45 pm - Single process + blow out  
5 pm - Dinner?  
7 ~~or~~ 8 pm - meeting  
Hang with Neil?

### Sunday

7:30 Am - gym/boxing  
Beach with Beau  
11:30 Am - Brunch @ women's house  
Beach During The Day  
Meeting @ some point -  
5:30 pm - Dinner  
Superbowl @ guys house

### Monday

Clinical Schedule.

when I Love - I Love so hard.  
And I get Focused on them - their  
love. Their need For me to be  
loved. Their validation. Their  
Something...

Here I am talking about another  
man when I am married! It all  
Feels strange. And disappointed. But  
what is the common theme in my  
life? That I keep relapsing + I  
just can't this time around. I need  
to stay sober long enough to see  
the light @ the end of the tunnel.  
I keep relapsing over + over  
again. The longest period of sobriety

was almost a year + that was  
horribly painful due to the diagnosis  
I haven't been sober in so fucking  
long + need to get sober +  
stay this way... long enough to  
Find inner peace + happiness.  
I am worth it. I'm 37 years  
old + this needs to happen - I  
can't waste any more time.

I got my ass to Shabbat  
Dinner - meet Danen + Sunny.  
She is the sweetest little girl -  
She drew me a rainbow - I  
thought about how nice it will be  
to one day have children -

Reframing my life.

2/2/19

Early morning - The sun has not yet shown its shine. to thine own self be true. I have to continue to walk in faith - that everything should be exactly how it's meant to be. It is one week today + I'm feeling more settled - in that knowing. God has a plan for me - one that I can't know right now. And that's all I need to know - for now.

I have struggled for control -

for absolutes. For some assurances that I will never get as long as I keep struggling. I do know that I would like to quit smoking for my health.

2/4/19

Hunter's Birthday. yesterday was Beau's Birthday - had a beautiful day @ the beach + in the sun followed by a meeting and blew out a candle after the meditations where I prayed for him. Things with Kevin have been really friendly + stable →



He actually text me the first time last night to tell me he is glad I had a good day on Beau's Birthday. I have a therapy session with him tomorrow which makes me nervous but think will provide closure for both of us - it's been a rollercoaster of a ride - I guess tonight I will figure out what I want to ask + what I want to say...

He is home today signing papers for his new house. I am staying an extra week + will go home next Monday ~~after~~

group although I don't want to - started hanging out with a new guy, Eric, who has been through a lot and is clean + sober these days. He lives in Florida. And he is so cute... has his own style and swag. It's been refreshing to be able to kiss another man - he is a great kisser. And he is calming + sweet. I can tell we both could fall for one another - And that's a little scary but taking it day by day b/c you never know what the future holds - I'm thinking about a more

\$45,200.1

down to Florida to get my 6 months under my belt. I could wrap things up @ home + make a move. But I'm going to stay in the present. Stay in today I have a lot of work to do in the next week + am going to focus on getting it done. Babs leaves on Wednesday - I am so grateful for her friendship - she has been my rock + keeps me happy. I'll finish out the week here + then go home -

moving to Florida

Pro's

⑧

Recovery community

weather

Time to be w/  
people who don't  
use

Away from Family  
drama

Space to focus on  
only me

Leaving job

Time/space to figure  
out marriage

Sponsoring Here

Con's

⑨

Away from Athens

Away from Family

~~Leaving drama~~

Leaving Tob

Don't make for a man

I honestly think he is out of my system - the man who he was - with me - is no longer. Neil had a meltdown + said I was putting others @ risk, was full of shit about my own recovery, and couldn't be in my life anymore - take care. what I realize is that I've been trying to re-create a relationship with my brother that is no longer in existence. I used to confide in women and not men, started spending time with Eric - I like my time with him. He is easy, Fun, smart, sweet +



gives attention that I know I need. It's like each relationship get me closer to where I want to be. Showing me more + more of what I want. I won't see him tonight. And that's ok b/c I'm exhausted + I'm sure Neil has also gotten in his ear. Did I mention that Kevin is an ~~attacker~~ thought? Kevin gave me what I sexually needed but not emotionally. I can see now that he wouldn't provide the love, support, + attention. He doesn't have the empathy needed or the sweet side —

I know that Eric does but also know that Eric isn't ready for a relationship + has been known to drift outside. I am not sure what to do with how I am feeling other than focus on myself + let it be. I so wish I could see him tonight - just lay with him but it will be too late + I need to prepare myself for him abruptly walking away —

2-7-19

owning my power + realizing that unlimited happiness resides within.

He ~~did~~<sup>not</sup> call last night + it worried me - became a little pre-occupied and I didn't like it. So today

I focus on continuing to own my power and not attach to him to make me feel better.

He said he left phone in car but who knows - I have faith that I will be led to the person + down the path that

is right for me. I am working on letting / not letting others control me or my

emotions - Its not a healthy space to be.

The truth is - everything I thought I knew - ended up not being entirely accurate. Kevin was soulmate + we were going to end up together etc... what I know now is that feelings change, situations change, + I am looking for stability in myself. I don't know much but do know that I am on my way to finding it.

2-8-19

What is my part in this? My part is that I spoke to too many people about my situation with Kenn. I asked for too many opinions and tried to get validation that I am good enough, sexy enough, hot enough etc... And for that I am SORRY. It's over with Kenn and he has to deal with his own drama. I don't think after this that I will be able to look at him the same way again. I am going to walk away from this all with my head held high. Kenn is emotionally immature as am I - I realize



It's not what I want anymore - so maybe that's the gift in this all and the lesson that I should only tell people I trust and who have my back - about anything. It's about being a woman and not the little girl. I think I re-victimize myself over + over again. I should never talk to men about sex or any of that bullshit.



2.9.19

He came over this morning —  
he fell asleep with his phone on  
vibrate. I over-reacted + now  
see how I can get so ahead of  
myself. In my mind, he was on  
a boat with other women and  
ignoring all my texts. I think he  
is nervous too about where this  
goes — and I get it — but I  
will only do everything with kindness  
one day @ a time.

2.10.19

The morning. Early mornings.  
Kevin didn't come to dinner last  
night — he has been avoiding me  
like the plague — mean, cold, +  
distant. I guess that's his go-to  
and better I find out while here.  
His behavior + words manipulative —  
I'm not great at dealing with  
all of this yet I have tried +  
am trying. I keep thinking that  
a move down here will be good  
for me — but then I question  
myself.

I don't want to move down here  
 For anyone, any relationship, and  
 need to make sure I'm making  
 the right move - literally.

I trust no one. It just really  
 goes to show - you don't know  
 someone until time passes.

good	Bad/ugly
Sex Looks Standing	Emotionally unavailable Back + Forth Not able to communicate Appears one way, acts another  manipulative contempt stonewalling cheats on wife gas lighting ego not affectionate immature Harsh

what are the qualities that I  
 know I need in a partner?

- 1 Affection ✓
- 2 Kindness ✓
- 3 Sweetness
- 4 Sweet nothings ✓
- 5 Humor/Laughing ✓
- 6 Attraction ✓
- 7 Intimacy ✓
- 8 Passion ✓
- 9 Loyalty ✓
- 10 Trust/honesty/vulnerability ✓
- 11 Stability but adventure ✓
- 12 Adoration
- 13 Intellectual curiosity
- 14 Independence
- 15 Cares about me
- 16

2-10-19

He is still in  $\heartsuit$  with his  
girlfriend - what the Fuck - honestly,  
I'm an incredible catch + don't  
know if just trying to fill a hole -  
Have a difficult time being alone  
although last night woke up  
Feeling sick to stomach + that  
I was getting sick. wanted to  
be alone. This recovery thing  
takes awhile to set in each time.  
And the situation with kevin  
is a blessing in disguise b/c I  
am getting over it all. He is  
up one minute + down the next -  
he is not kind + has treated

me like an asshole - and still  
I remain kind b/c that's what  
I want to be but I do know  
that I now have boundaries -  
+ no longer possess those intense  
Feelings. They have faded away -  
even my desire to be around  
him. And so...

2-11-19

It's manipulation has it's finest -  
we will learn a great truth -  
The plan will happen in spite of  
us - not b/c of us. Sexual  
Abuse for sure - weak boundaries



The day ended up on a positive note. Had a great clinical day. The lesson that I learned is I am either completely "put together" and could run the group OR I am the 6 year old little girl on the bench. There needs to be a happy medium. I don't have to be completely closed off or completely immature, dependent, and young. A good skill for me is when I am feeling the little girl want to respond - I acknowledge her. "I am Ashley Blake Biden + I recognize

my 5 year old self. I acknowledge her but the grown-up version of me is now going to address her while caring for her. I was given the hunger games to read as an assignment. Kenn is actually coming around + being sweet. It's interesting how there are two very distinct sides of me that I would like to meld together. Tomorrow is going to be a great day. Getting up early, <sup>meditating</sup> boxing, full clinical day and meeting with Sponsor - then meeting - business meeting.

I probably won't see Eric tomorrow  
+ I'm ok with that. It's getting  
easier to find my time + space -  
with only myself. I wish I  
had 2 more weeks here to really  
hone what I am starting to  
learn. But going to make the  
most of my time and  
plan on making a move down  
here. It's only going to be  
temporary - although I do  
love my time @ home.

I want to spend the weekend  
with Eric IF possible - I  
will be finished the program  
Friday + leave on Monday.

The transition will be difficult  
for me - this I know for sure -  
But I have much to do - in  
the limited time here / there +  
it's time to make moves.

Schedule for tomorrow -

6:30 - wake up / coffee

~~Shower~~

7:30 am - leave for gym  
Have to do treadmill, stretch +  
meditate

8:30 - 9 am - Boxing  
~~Shower~~  
Group

2-12-19

learning to fly with half developed wings... Coming down is the hardest thing. It's gotten weird again - up + down. It's really disconcerting and horribly discouraging. I am really trying to take deep breathes and relax into the woman I am and that I want to be - but it's challenging for me - it's abrupt and it hurts my feelings. I would like to explore + have closure around the situation - but will wait to see what Randal says -

2-13-19

A little fearful of what's to come... Feeling anxious but that just means I am living in the future. I must remember to stay present in today - otherwise this sobriety thing isn't going to work. How can I stay present today? Today is all I have + I can repeat that "wisdom is all within!" It has been one of those days where I know I've done nothing wrong but I also regret some of the decisions I've made + I seriously miss how it was. Randal told me that I need to



let it die + that what will be -  
in the future - will be. The only  
way it will re-ignite is if one  
of us - both of us - re-engage.

But, I wonder if he has  
boundaries for me. If he'd rather

I not reach out in the future -

letting it go. Dissolve + taking  
the lessons learned. Finding the  
silver lining in all the chaos.

I keep my heart open - +  
I find solace in that to hurt  
was never my intention and I  
deserve more than what is  
being offered. I am a warrior  
princess - with a lot to give.

Heart palpitations - Anxiety super  
~~increased~~. Started new drug that  
feels really off-putting. I started  
feeling that, "These don't go -  
will I see you again?" I miss  
him already.

2-16-19

They say everything happens for  
a reason + some people only come  
into your life for a reason.

I know I was meant to be here  
with Kenn - to truly let him go.  
He wasn't the man that I needed/  
wanted him to be. He is a decent  
man with a family that he  
should bring back together. I  
think our impulses, compulsions, +  
obsessions brought us together +  
gave us rose colored glasses —  
God has a bigger plan. It's now  
been 7 days since my last  
cigarette + I don't think I

can and/or will be going back  
here. My energy levels are stable  
and I feel 0 desire to smoke. When  
my mom worked me up this weekend —  
I grounded myself + I breathed —  
It actually worked. My system is  
off but getting adjusted to new  
medications. I need to drink  
plenty of water + going to  
use the gym later on today.  
I don't know how long + I do  
know that I can't/won't intentionally  
But who knows he may even find  
his way back to me, we are  
so different in many ways —

are background, maybe some of  
are values - but we both share  
similar joys + jokes + sensibilities.  
As he told me today, he is a  
breath of fresh air. He is racist  
but doesn't mean to be - I  
will educate him, as best I can -  
and we may find our values are  
too different + then we will  
deal with that. Cross that bridge  
when we get there. He does  
understand that it's wrong + I  
think he is willing to make  
changes + open to doing better.

That was how he was raised -  
and only completed 10<sup>th</sup> grade.  
He doesn't have a high school  
Diploma or college education  
but he has a sensibility, a  
resilience, an attitude, and a  
way that is so refreshing,  
light, and makes me happy.  
All the education in the world  
couldn't make him like that -  
this is what I ♥ about him.



2-17-19

I am pissed, Freaking at, +  
acting insane - thinking of Howard  
my husband - with another woman!  
It's actually not fair + not right.  
I have been with other men +  
It's just not fair @ all. why am  
I feeling this way and do I  
need more time to try and figure  
it out? Does this mean that I  
am still into my husband?  
It's about giving it time - the  
impulses - The reactions - I need  
to pause. Relax - take a  
walk - Do something that  
distracts me!

He is probably sound asleep but  
definitely not healthy. It makes  
me sad but he is an external  
party boy. I do think that if  
that was different things may  
be slightly differently. I do  
think that he uses much more  
than he should + could have a  
slight problem. I don't know  
who to approach this conversation

# Florida

## Pro's

Time Away to  
figure out what  
Ashley wants

Recovery community

Care Therapists

Work on Recovery  
+ time to get  
it right

Get away from pressure

## cons

Away from Family

Summers away from  
home

Living up security  
(Ashley apr)

## Con's

Old habits

↳ Friends who use

Know how to easily  
access drugs

Family drama

Known for name

Philadelphia makes  
hard to move on

From Howard

- potential to

stay in relationship

DE reminds me of  
Beau

Regret not taking  
chance

People, places + things

Boredom - Feeling

"Stuck" - "Is this it?"

Monday

7 am - Workout

8:30 Divas

10 am - Fed Ex - Send box Home

12 pm - Carrn Fox notes + say  
goodbye



2-19-19

I've left Del Rey, Beach in Flight to La La Land for an exclusive Executive Producer dinner event. Eric dropped me off - had an amazing 3 weeks with him. He made me happy, made me smile, feel loved, and wanted. He was vulnerable with me in a way I loved - felt super safe in his presence. He admitted to me that he was/is smoking pot - that his prerogative. I know for me - for now - I can't smoke or do anything. It just feels too good being sober.

Is Eric up to Howard's or my parents standards? NO. He is a surfer - not highly educated - barely knows his grammar / but he does know how to love — how to treat me like I need to be treated. He gives affection in ways I only hoped Howard would. It is light + fun. I have to remember that these were the feelings associated with Kevin - and they passed. I need to slow down + give myself time + space to breath. maybe 6 wks away from him is actually not such a bad idea.

I think I gotta slow my Roll  
a little + put the focus back on me +  
my recovery. There are many loose  
ends to tie up and I am moving  
a little Fast. I am crazy  
attracted to his height, body type,  
+ psychic. All I know is that  
it feels light + heavy at the  
same time. I'm different than  
my family. I never gave a shit  
about all the rules, ways, how to  
be's, and make you feel less than  
for not being. He reminds me  
of Jamie [REDACTED] taking me back  
to my first - one of my firsts - loves.

I also haven't had my period yet  
which makes me slightly nervous  
but I'm expecting one any day now!  
this has been a really crazy ride  
thus far - what a tragic +  
amazing journey.

Howard / Marriage

Pro's

One another  
Family's love  
Value - Family

Con's

Don't share similar interests  
guns vs. Fashion  
No sense of adventure  
Content @ Jersey shore  
every weekend w/ family  
No Language of love  
Casual use  
Lying (white)  
No intimacy

Don't Kiss

Built up resentments

Don't like friends / can't  
hang out

What values don't we share?

→ loyalty

→ Financial

→ Intimacy / Affection

For so long the softer, shyer,  
quieter side of me has been in  
hiding. The sweetness that once  
encompassed me + wrapped me up  
left me when my brother died. All  
of the affection - all the trust -  
went out the window the day that  
Howard went ahead with the Feeding  
tube. I have forgiven - but don't  
think that I am able to get  
it back.



Things you do want -

- ① Affection - holding hands, kissing, hugging, sweet forehead kisses, face rubs,
- ② Laughing → making me laugh + ~~able~~ to laugh @ me + self
- ③ Motivation/Desire for reaching goals/dreams
- ④ Spontaneity -
- ⑤ Passion -
- ⑥ takes care of others  
↳ says "hi"  
↳ welcoming
- ⑦ social justice
- ⑧ Health
- ⑨ Honesty
- ⑩

2-20-19

Feeling needy - ping ponging between men at this point - even though I am liking/interested at different times + for different reasons.

But Feeling out of sorts. Confused. Not knowing how to navigate this situation. I adore Eric but he is young, immature, and not entirely motivated. He is my surface dude - reminds me of Jamie.

The good news is that I don't have to make any decisions now. Although it feels as though I do. I put a lot of pressure on myself to figure

everything out. IF Dad runs

It truly messes up everything with  
homeboy, it all makes me nervous

But that's not happening today —

I have to stay in the moment —

It all feels heavy but need to

keep it easy.

\$ 2,529.45

March 1st - After 12 pm

4th

2-22-19

Feel sad today after seeing  
Howard. Maybe I do try to  
make this marriage work.

Write out plan —

Goals/planner —

Money/Financial —

work - what - where —

Financially supported — How?

~~weekly credits w/  
Jonathan~~

2.24.19

Holy crap - here we go again.  
Not going down that rabbit hole -  
So much has happened. my marriage  
is over + it breaks my heart in  
two, there are no feelings of  
"I need to be with him." -  
"I need to see him." - "I need  
to kiss him.", I am chalking  
this up to an opps and moving  
on from here. February 23rd -  
Keep moving Forward, Blaze.  
I have to keep it together +  
pray that I am moving into the  
unknown - what am I doing?

### Plan For Retreat -

- ① Do I announce that Resigning?
  - ② Get to know you
  - ③ SWOT Analysis
  - ④ where we are + where are we going?
- 

I am letting Fear control me +  
my next moves. I have to have  
Faith that I will be able to  
make it happen. Am I doing this  
for the right reasons? Am I  
making sound decisions. How will  
I know without staying sober +  
moving on from a place of love,  
hope, + clarity, Fear has taken  
over me. Fear is the opposite →



of love ♡. I have to walk in  
Faith and back up a little from the  
comfort of another man. He is so  
easy to love - so present, affectionate,  
and loving but I know it isn't  
the way to truly deconstruct my life.  
I must focus on self + my recovery.  
The last thing I want to do is  
do any of this for anyone else.  
Is this where I am supposed to be?  
I am finished with my work  
here in Delaware - I do know this  
place is no longer safe for  
my sobriety. People, places + things -  
all of which I am here again

with + no of which keeps me  
sober. I must figure something  
out sooner than later. Maybe I can  
see if my parents would give me a  
loan? I don't know where to turn -  
maybe I turn to Bobby [REDACTED]  
I feel as though I need \$ to  
be able secure my livelihood -  
I don't know what to do anymore  
who can help with funding?

- ① Bobby [REDACTED]
- ② Howard
- ③ Mom + Dad.
- ④ Babs?

Sat, Sun, Monday, Tuesday

How am I here?

2-25-19

Feels crazy. All anxiety producing.

Nothing I can do about it today.

But do the best I can +

take it one day, one hour, at

a time. I told Kirstin that I

am resigning as ED + she was

shocked. But super supportive.

I have to have Faith that this

will all work out. I must have

Faith.

Rx - 10504159

Rx - 10453048

Rx - 10473818

Rx - 10489404

Rx - 10485587

Ax - 10608554

Rx - 10497336

2-28-19

It was the night before solitude  
and all through the house... not  
a creature was stirring, not  
even a mouse. Preparing for the  
unknown... I feel like maybe I  
should get a hotel room - a little  
limited on money at the moment.  
Babs would assist if need be.

I'll figure it out. I'm assuming  
he is still picking me up?

I'm just going with the  
flow. He was angry as fuck  
tonight on the phone. I do  
pray he isn't using.

His phone is off. I would  
feel responsible on some level.  
I have to lean in to all this  
discomfort and find my way -  
It's just cloudy night now.  
What's going on - in here?  
Should I try to call him  
back?

Maybe this is my respite. But,  
it will feel different not having  
my own place? Why am I  
going to stay with him?



Break  
Away

3/1/19

A peaceful place. It snowed this morning and so I slept in and missed my flight. Eric is being bizarre - states he is sick but I actually think he used the other day. I can't really know what ~~gung~~ on b/c I am in DE and he isn't being very responsive. I feel bizarrely in a space of confusion yet peace.

Trying to find my footing - on my own this time. Who thought I would be single + childless @ age 37. maybe I did?

Day one For me. It just makes  
sense for my life, mind, energy,  
and future. There is no rhyme or  
reason, well there is a reason  
+ those reasons are greater than  
my desire to use.

It really is about taking my life  
by the hands and dancing —  
moving to the beats of life —  
finding my rhythm and waltzing  
back to myself — my wants, my  
needs, my desires.

What do you want from this  
LIFE?

- Passionate ♡
- great sex
- Surprises
- Adventure
- Laughter
- play
- Justice
  - Friends
- wide/open spaces
  - Restorative practices
    - Emotional stability
    - mental well-being
- Fun clothes + Fashion
  - Creativity

I actually think he relapsed + isn't telling me. It hurts my heart to think that he is using + that I may have triggered it. Boredom is deadly for me. It

is the main reason for use —

But not going to give in this time around. I have to stay strong during this next chapter of my life, with or without anyone by my side + most importantly —

when no one is by my side.

Sobriety is the last link to true

freedom. It's the last chance

I have @ making my dreams

come true and I can't do anything to jeopardize it.

Some people come in your life for a reason, a season, or a life-time

maybe Ken came into my life

for a reason; Neil came into

my life for a few seasons +

homeboy came into my life for

the unknown. How much can I

write out of sheer boredom?



2-6-19

Mercury Retrograde. Pisces. That's  
the reason and here's to a new  
season. I did it. I changed  
the trajectory of my world for  
a short period of time or  
forever. I did something for  
me, by me, and to me. I  
gave myself a gift. The gift of  
self love + respect. I  
manifested it all. Those powers  
are real. And I am learning  
how to use them for the  
good of myself. Grateful  
today. Really grateful.

2-6-19

First Day of Lent. Giving it up  
to my higher Power, went to  
a meeting with Hallie + "Raise me  
up on Eagles wings" was playing in  
the background. Kevin [REDACTED]  
text that he was sorry for how  
he treated me. Overall today  
was a good day - I am grateful  
for 1) Hallie 2) Chorus 3) Apologies  
4) time 5) The strength to be  
alone.

2.7.19

First Full 24 hours and feeling good -  
settled. Went to a morning meeting  
with Hallie. She has been great  
since I got home + I am super  
grateful. Let go, let God. one  
day @ a time, It will all  
work out IF I let it. Eric is  
still in detox and gets released  
this time tomorrow. I am feeling  
neutral with the entire situation.  
I'm not obsessing or concerned -  
I know LIFE will bring me what  
I need in time. Its trusting  
the process + letting go -

I have a call with mom + dad  
this evening @ 8 pm. I have  
to practice patience + tolerance  
for their feelings + all that is  
said.

2.8.19

And so, we start again. This  
gets really old. I am getting old.  
I had to block Kiaddi b/c it  
just isn't good for the two of  
us to hang out. I am red,  
inflamed, and staying in doors  
today b/c I have to.  
Eric left detox + called me  
this morning. He seems

Sweet, distant, tired, and  
confused. It's a lot with me  
moving and Dad potentially  
running. I'm going to a meeting  
at some point today. I will  
not continue down this path or  
live this wasteful life.

3-9-19

Addiction tears lives apart. Keeps  
people in a cycle of nothingness,  
anxiety, and worry. I am  
committed to this new way of life.  
via my actions.

I feel different this time -  
I feel "ok" with being alone +  
doing things on my own. This  
shift came in Florida when I  
was forced to figure it out on  
my own. I'm not scared like I  
used to be however I do  
have moments of doubt. Am I  
making the right move? Leaving  
behind my dog, my family,  
my home. I do feel like a  
change of scenery could do me  
good but I do wonder if I  
will get lonely.



Joe Biden without question  
has the best chances in a general  
election, that is what the news  
is reporting now. I think it  
might be the road to recovery -  
I've been vulnerable + being  
courageous as I can be.

3/12/19

So... we are running. Announcement  
will be in April or Early May.

It is all super anxiety producing  
but I just have to take it one  
day at a time + relax.

I know the move to Del Ray  
will be good for me to get  
away + really focus on my  
recovery. I just have to stay  
relaxed and confident about my  
decision to get really stable +  
really healthy. Is a move what's  
going to make the difference -  
how do I know? How do I  
know that I'm making the

Right move? Literally. I'm nervous that I'll get closer to Eric + then will have to detach from him as we move further into 20/20. He isn't the guy that I would normally go for + def wasn't trying to get my feelings all mixed up in it. But it's happened + I have to trust that God has a plan for me that I can't yet know or see. I wish I could just go back to loving + living with Howard. Back to a settled marriage. Back to happiness, love, + joy. But those days have passed +

I'm not certain they can + will return. I do know that I have to stay away from the Devil - it only brings me more anxiety, fear, + pain. There is nothing good that comes with that.

3/16/19

I relapsed. Fucking again. Insanity is the definition. Always hoping it will be different + it never is. Stuck in this cycle of "Fuck my Face, Repeat" its insanity at its worst. There is nothing to do anymore other than just

Stop doing it. It makes no sense. Eats away at my self-esteem + I am isolated for days at a time. I had all these plans for today + finally was feeling good again. But when I feel good is when I'm in danger. The difference this time around was that I told Elizabeth, mom, + Dad this morning. Mom + Dad worried but incredibly supportive. I am so lucky to have them on my side. They've never given up on me.

E has also been so supportive. He asked if he could come + stay with me for the next few days - timing is off + not right but a sweet gesture. It's kind of nice to have someone who understands my struggle + who doesn't shame me but rather lifts me up and continues to encourage me. Howard is absolutely seeing someone else. He doesn't call, doesn't really care + is pre-occupied half the time. I guess the same is happening for me +



so I can't really make a stink  
about it - although I am hurt  
beyond belief. when I think  
about the fact that he didn't  
come visit me in treatment, I  
am actually crushed. He gave up  
on us the moment I went away  
+ that's just the reality of it all.  
I miss my doggie - wish she  
was here with me. I picked +  
so that doesn't make sense to  
see him. What a crazy  
transitional period in my life.  
I feel so out of sorts. So  
disconnected from my former

life + @ the same time there  
is a lightness - of doing things  
differently - finding a new way  
to live. making it on my  
own. Depending on myself  
for life.

3/10/19

Feeling stronger + better than  
I was - yesterday was a  
doozy. Today I feel slightly  
anxious and not particularly  
grounded. There is the voice  
inside me that wants me to  
get .... but its never been  
different. It never works at

The way I planned. It's  
insane and my ability to forget  
despite negative consequences is  
what you call addiction. The  
restlessness is real. The limbo  
feels super unsettling and I  
long for peace. Trying to  
take the vain approach - that it  
negatively impacts my looks, hair,  
face, body, and overall health  
how quickly I forget though +  
think it would be a good idea.  
when the consequences cause me  
so much pain. Angela is in  
rare form this past week.

She has been moody + completely  
unavailable. I'm just ready to  
move away from all the drama.  
Going to spend the next few  
weeks - two to be exact - getting  
myself as healthy as possible for  
my trip down. Starting yoga  
again on Monday and hope will  
continue. Hallie + Natalie go to  
Abu Dhabi for the Special Olympics  
so will be gone the entire week.  
I think today I will organize  
my clothes + start sorting  
it all.

3/23/19

This Day next week, I will be on my way to Del Ray beach Florida. I Feel a little under prepared but not much I can do about it. I'm doing the best I can. I have to clean out my car entirely + pack it up I have so many clothes so it's going to be harder than I think. I think I'm going to try + get to a yoga class today and/or tomorrow. Tonight I have dinner w/ Kate Brehner. I have to make sure I am keeping a tight budget - 40k to last me

@ least 6 months. It all feels like a little much. But I am confident that I will do it - there is a piece of me that feels that I should get a U haul - B/c I have so much stuff to bring. I was going to pack the car without bags so there is more room - but it ain't going to be easy! Especially with a tall guy in the car. I can do it all though + I'm going to - It's just figuring out who is driving down with me - I worry about my car getting

broken into. But maybe we just  
drive through the night. IF we  
leave @ 5 pm - there is a chance  
of getting there by the following  
morning. Plan For Trip.

Sunday - make sure entire car  
is cleaned out.

Monday - get car oil changed +  
checked

Tuesday - Thursday - continue to  
organize clothes

Friday night / Saturday - pack  
the car



3/24/19

Fel overwhelmed by it all - moving but in the right direction. A full car to pack + a full week ahead. Tomorrow I head to DC for the day + then back for yoga, more packing, etc... I would like to imagine that I'll be able to get almost everything in my car. It's just the process of what I am going to take vs. what to leave behind. All my stuff getting thrown around - things @ my parents vs. things @ Coos vs. things on my person.

I will say that sobriety is the ultimate way to go!

E is still trying to figure out his ticket home, when I get to Florida, going to dump entire contents into trash bags - I am going to have to make @ least 3 moves in next 6 months.

3/25/19

I am Feeling uneasy about it all. maybe this is how its suppose to Feel - Feeling as if this is completely normal. IF I didn't have high emotions and its first day of nothing than this is to be expected. E has been distant - Feel as though Feelings changing - and for some reason Feel that it all has to do with his Ex. I've just been Feeling some type of way lately. Being w/ Athena has brightened up my week and I was going to give her back to Howard tomorrow.

But when will I see my girl again April probably. I can't believe I leave in 6 days. I am now going on Sunday - but that may change I went to the Hamilton Hotel and saw the uniforms I designed. They look great! It is exciting to say the least but for some reason not as excited as I should be. I think its a mixture of things. I'm going to go to yoga tonight + hopefully can cut a bit - let the zen in. I'm I making

The right decision? Sometimes  
I feel like I'm making a  
mistake - that I should stick  
around here + do what I need  
out of NYC - but that also  
is a little late.

4.7.19

moved in + now living in Del Ray  
Wish the best of nights. I  
used. I would like to start over  
+ not make this a chaotic  
transition. But I'm getting  
organized and really trying to  
turn it around. Today is Day  
#1 without the hard shit +

I'd like to keep it that way.  
~~Wish~~  
Although it's somewhat difficult  
when Z is on drugs - I want  
to be supportive but don't know  
how. He will either need to detox  
on his own or go back to detox  
for a little while. I do have to  
be ~~solid~~ regardless + I really  
want to. I want this now more  
than ever. Going to go to women's  
divas meeting in the am +  
meet with my sponsor in  
pm. Really trying to get my  
ass organized + Focused:  
It feels really good to be  
here. I feel free. . .

4.7.19

I'm pretty sure I'm going to make it.

4.8.19

It's been 4 days without one + 3 days without the other. I am starting to come back to life. I am not ok with what's going on - he has to make a decision that this will be the last time @ least last time here. I can't do this with him - wasn't what I signed up for. It's not fair to me or my recovery. Tomorrow I am getting up early + going to a meeting.

7.28.19

OK baby - time to buck up. I am calling in all the troops and hunker down for 3 days. Today is Friday - the start of a new weekend and I am fully ready, geared up, and in shape to take this battle on Full throttle. Today I am most likely not going anywhere but I will say that tomorrow you have no choice. You are going to start working the program - following all recommendations to a T



and really - I'm ready for it.  
No more talk - only action.  
No need - possibly to get me  
through today but that's  
medication management.  
It's going to be a great real  
new start - Refresh. Hold up -  
lets do the damn thing.  
There is a feeling - of the  
family I knew - certain smells -  
sounds - an overall being  
wrapped up in the coziest  
blanket, memories of past times -  
when I felt safe + perfectly  
content. And that was ripped

out from me. Prussing 35  
years of one way and its  
only be 4 years of another -  
completely new, discombobulated,  
piece-meal, and shattered.  
But its about Facing these new  
emotions with grace + dignity.  
That's all I can do @ this  
point.

Website Relunched

→ Photos Re-touched

Press Launch - Press Release -

Tuesday, June 4<sup>th</sup>

do. Invite people.

Fashion installation - hire  
models  
"Rosana"

connect to John

• Built at on Hammett  
website.

★  
7.16.19 Thunder Moon

The Thunder moon is upon us - releasing old emotions and getting "clear" on what I want. The confusion + standstill "mess" seems to be lifting.

I am attempting to try a different route. The route of Refuge Recovery and medical marijuana. Lately, I have been eager + excited to engage in the campaign this Fall. My mood has been stable and things starting to look "up" for me.

I am slowly recovering from my last episode. Its Day #3 and going to wait some time before jumping "in" again. It feels more organic to not focus solely on my addiction. But instead, to focus on my health + overall well-being.  
7.17.19

7.17.19

This date deserve its own page + special attention! Because it has been my most productive and happiest one for a few months. why might you ask? Solace, Day # 4, productive + non-stop since 9 am. It is now 4 pm. The Full moon has passed + I am really trying to remain free today. why do you want to do Anything that lures your vibe + makes you feel like shit! You get 0 Done + pick your face in the mirror the entire

~~7.17.19~~

time. Straight out of Boredom. maybe this time is telling me to slow down? I have jumped leaps + bounds to get here + why now making life complicated + stressful? why Sabatage a good thing. And its such a waste of money, time, + energy. I'm making serious progress + don't need it all to be spoiled away by one quick, rash, + brutal decision. How do I find peace around it all? Is there peace to be found? I am going to be tested tomorrow, Fri, ok



Sat and what lie am I going  
to have to tell? what do I  
do? It will pass. yw want it  
to pass... keep holding tight  
+ don't make arrangements for  
it again - no poking + prodding.  
Today is day # 4 often the  
hardest day to overcome. well,  
the next few days but do yw  
want to keep having to go  
through the "come through"  
phase - this is torture - over  
+ over again. Stop the  
insanity. Put it all to rest.  
new moon, new attitude, new, new

7.22.19 #2

Here we go again! The anxiety  
+ worry is palpable. I realize  
and understand that this is  
my journey and I need to  
figure it out for myself. I  
need to get clear and relaxed  
about my own recovery. I  
think the angry @ myself -  
for letting myself + my parents  
down. I haven't figured out  
my working "Formula" - I  
don't know - I haven't truly  
figured it out. Giving it "up"  
to God hasn't been working  
but I guess I've also been

giving "in" to the urges. And I need to reverse my life +  
that's the first step in getting not let this addiction destroy  
"clean" + "clear". Its sad me. Its all so sad. How  
the Feelings I have produced such time + energy goes into  
in others. My Dad cried on the same topic over + over again,  
the phone saying he has the = am going to relax, do  
debate in a week + "Now hashat I need to + keep it  
to worry about you." And he healthy!  
oned. maybe he knows what H. 23.19

is doing + its wicked but my calmer Day. I think the  
Feelings of guilt often are initial shock of my period is  
overwhelming. I have to just an out of my system. The  
do what is needed to stay day shit period is over +  
determined, strong, + healthy its time to make some  
Its now out of my system. improvements to my overall

health + wellness. It was  
a beautiful day + now  
absolutely pouring-thunderstorm.  
I got a good night sleep +  
saw Jody today. Josey  
cancelled. Mom + Dad in a  
much better space. My heart  
hurt to see them so upset.  
My mindset has begun to  
change in that its not about  
Beating the drug test or  
using around it. Its about  
using the test as an additional  
safeguard which I am open  
to - with the understanding

that medical grade marijuana  
might also be in my system.  
I have to do this not to avoid  
getting caught or failing but  
b/c I intrinsically + internally  
want to get there. I think I'm  
on my way. Tomorrow's  
accessibility + set-up allows  
for me to partake but at what  
cost to me? what does it do  
for you? You end up with  
the following -  
Red, crusty, + Fucked-up Nose  
Tired, lethargic, moody,  
not thinking clearly  
unmotivated + Sad.  
Isolated / Shame.

Why re-create what has been  
done to you - b/c its the only  
place that is "known" to me -  
Its what I've used to cope -  
I made a promise. A promise  
to wait to see until next  
wednesday and to attend one  
yoga class b/tw now + then.  
Its the habit of it all -  
my adersion to authority +  
Finding gaps in order to "trick,  
Foul, or get away". I think  
I will continue for my  
parents sake + see how the  
next few weeks pan out.

But, it would be amazing if  
you examined your frame or  
lense - an outdated lense that  
doesn't serve the woman you  
want to become. The new lense  
is that it doesn't work towards  
your highest good. At @ least  
right now - is unable to be  
done with negative consequences  
to health + living. It pollutes  
your mind + your body - truly.  
It can cause damage to  
so many parts of your  
beautiful body. I sense a  
shift and it wouldn't come



Soon enough! I have so badly  
wanted to quit and I know  
it's a dangerous disease -  
but I also know that maybe  
my path isn't traditional.  
I by no means mean that I  
a "special", "better," or  
"more important", it just  
means that maybe I try  
something that resonates w/  
me. And this includes -  
- short term medication mgmt  
- yoga  
- EMDR for resilience  
- long term psycho-tropic  
- Body work  
- moving my body!  
- Learning  
- getting involved in my hood

This is the winning Rx'tion  
and just must be done. The  
procrastination is really wearing  
on me. The impostor syndrome  
must go. The feeling of not  
being enough, giving enough,  
doing enough. Some of that is  
true - I'm not following thru or  
getting up despite \_\_\_\_\_. But  
I do know that's directly linked  
to usage. The issue is this -  
Janey has access + I love the  
first or second "hit" But  
it's downhill from there.  
Stay in today. Stay Present.

7.27.19

The last week of July is upon us. What do I desire for the month of August?

① Getting involved in Dharma Recovery groups + abstaining from that girl for the entire month of August - continuing from July.

② Attend as many groups as possible + do the uncomfortable

③ Workout my Body every day

④ meditation every day

⑤ Relax into the unknown

⑥ Sort thru continuing emotions

I'm ready

7.30.19

3

Today is the day - 10/1 - That's my plan today. The medication is helping stay positive. yesterday it was an overwhelming urge in my body. A restlessness so deep. what I realize is that access to any of it - touching the embers - ignites the fire. Once the first spark its over. The house of recovery is burnt down. So - its the only way to get rid of all contacts. So I know what I must do.

The other reason is Finances —  
Down to the wire.

It's a good day and I will  
keep on this journey. What's the  
difference this time around —  
new perspective. Wanting to  
be well. It's that time — and  
what a wonderful time it is.

The day was a wash but I  
am going to keep staying clean.  
1 2 3 4 5  
Thur Fri Sat ~~Sun~~ Mon Tue

The 5<sup>th</sup> day is def the worst.

So if I calculate this night —

The 5<sup>th</sup> day will be Saturday

This weekend, I want to do  
something that increases my  
wellness.

① Foundation #5

1/2 body weight ounces

10 grips

② Eat breakfast Asap

③ Reduce sodium + sugar intake

④

Stress Addiction has created

money issues

Dodging/having to keep stress

missed appointments

cancelling entire days due to Flee

cleaning/mess

Having to lie/dodge

Waiting for it + aftermath

→ Day to Day - am I going to ruin?

→ crazed in moment to moment

Dissatisfaction -

It's never enough. Always wanting more + panicking when realize it's over.

Stealing - no.

Starting lying about addiction

Since age 13

- Blatant - yes!

- Always

Lied to: Mom, Dad, Howard, Kids/  
entire Family.

Lied to myself

Extend is that haven't used or can.

Guilt or Ashamed

- Have to deal with Flee

- Cancelling obligations

- Putting self in dangerous situations

- spending \$

- lying about tests (one more time)

worthiness

- yes, not worthy of success  
or my ideas about future.

- worthy of ♡

- worthy of a healthy life

Fear of being caught?

- I should have feared it more



Present /

God  
Sarah  
Alyson  
Kelly  
Halle  
Hunter  
Kathleen

mom  
Dad  
Howard  
mom  
cousins  
kids

Aunt  
Enn  
Guilana  
Harris  
News paper

why

taking Beau  
Body  
Body  
Boo  
Drugs + Family  
Drugs + Family  
madness + not  
being aware /  
judgemental  
Dad  
\$, control  
Being able to be  
"normal"  
patronizing  
copying  
mischaracterizing  
Family  
Relationship w/ Dad  
Andy + coolness  
Dad comment  
Debate  
spewing garbage

Howard  
Dad  
mom  
kids  
Hunter  
Beau

Friends

Mott  
Athena  
John  
matt  
matt  
Gregory

addiction, lying, leaving  
Hurtin self, lying  
lying, not showing up  
Being absent  
Not backing him up  
Not showing up, lying  
using  
Not showing up,  
being absent  
pumping  
leaving  
addiction  
cheating / lying  
cheating, lying  
using, \$

## SELF

- Away from love
- weight
- health
- looks
- picking at Face
- Disappointing + not reliable -  
let SELF down, by letting  
others down
- Don't take needed actions to  
move forward
- Financially
- Reputation
- ability to participate in life
- lie to SELF "it will be different  
this time"
- Against value of integrity
- Hurting career path

## Isolated?

That's all it did. 3 years it took  
before went out.

- crazy anxiety. "lost". Not  
known to SELF. Disassociated.  
Constant Fear / anxiety

## Hated / judged

- Breasts
- Butt
- Body
- Face
- Dishonesty / not showing up
- Not being "worthy"
- Don't deserve it.
- Impostor syndrome

## Envy

Kathleen - intact Family

Breasts

bad ♥ - couples who have it  
- Kristi-Lyn

People doing it - action /  
Silvia - training - wish could  
be that dedicated  
Connection / sobriety of others -  
Courtney

People who can use without  
addiction - Iva.

## Less than

- Not in a while. But used to  
compare SELF a lot to others  
+ think most were "better",  
"brighter", "more beautiful".  
kind of over it.

Superior

- not really
- was a little self-righteous during Hattie + Hunter Fiasco

Greedy - people have felt used  
+ that only call or want  
to be with them in order  
to "use"

Needy - latching on to 17 relationships  
b/c don't want to be alone

Selfish - not thinking how breaks  
families heart  
- what I want to do  
- missing important events  
- not being caring or present

Need to be happy ... or least you  
thought.

A loving Relationship + Family,  
my brother being alive + family  
whole again  
I need to make money

Misery

- looks "yuck"
- Finances!

Physical Danger

- Drinking when drunk
- Bad areas
- unknown characters

Grief/Trauma

- Bullying
- Dad younger - health
- Bus driver
- Bear's death
- Rape + sexual encounters
- Verbal abuse

Physically

- Not strong + healthy
- Skinny
- Aging skin
- Hair loss
- Fatigue + energy loss

Emotional

- Constant depression + doubt
- Beat self up
- Always going to be sad
- No way out
- Self-hatred

Disappeared -

Entirely

- all things social are active
- work + responsibilities
- Friendships left Bruised

Misfortune

- marriage

Different

- isolated + alone - connected +  
in love

Active / involved - isolated + not  
involved in anything

creating / Building - hiding +  
dissolving

Family ← me, my self, + I

Friendships

Enca - damaged  
work relationships / staff - damaged  
respect

Howard - lost of trust

Shefan - absent

Brother - strangers

Sex life good - using / isolated

Self-life

Just in → not being true to  
my values



8.1.19 #4

August. 2 more months in Del Ray.  
I do know its time to go —  
lack of excitement, movement, +  
opportunity. Lac Miami but think  
its time to get back home  
+ work on campaign. Headquarters  
in Philadelphia - spent good  
portion of that time on the  
road. The work is now. nothing  
compares to that rush/high/  
excitement of getting. I am  
searching for ways to escape.  
I am actually pursuing chances/  
times to do. Planning it all  
out - like tomorrow. I have

been going at my face more  
than usual. changing medications  
I must work my body out.

Its almost midnight.. Tomorrow  
a few hours away. Will I?

I may... but whats that about?

Its about the predictability  
of addiction. Craving, wanting,  
needing, having to have -

This is all very normal +  
part of the disease. The only  
way to arrest this situation  
is to sustain + by sustaining  
over time, that feeling  
is put into remission and life  
unfolds due to new situations +

activities replace. It's fucking  
science + it's also very true  
that come end of time here -  
it's buckle-down. But I also  
need to get to the head  
space where I am able to  
have real clarity. I am  
struggling so hard to  
find the will + ultimate  
solution to this. They say Rock  
Bottom - only way to come up  
but I don't want to get here  
to go that low. I guess  
it's like this in the beginning  
feeling crazy! only Day #4

: constant Reluctance -

NO excitement -

8.4.19 #5

And again, It's like nothing  
I've ever seen before.  
The hard headedness is  
on another level, like I

don't think I've ever met a  
more stubborn human being.  
Is this really going to be it?  
Because you can't afford to  
continue on. Your Looks + health  
are at risk. It only gets  
worse - and once that's gone  
there is little to do to get  
it back. Natalie's Birthday

today. Proud of the young woman she is becoming. I feel grateful + Proud to be her "auntie". The girls have been distant with me. Maybe it's my love for haile + continued support. I can't pressure them anymore to forgive, trying to hydrate + reboot my week ahead. Think it's fitting that Kelly would take the day. or rather mane. August 3rd + 30th - I kind of like the ring of all that!

Day # 2 + to be honest, I am triggered. B/c of him. There was a brief moment that I thought it might be a great idea but that quickly went away. The truth is that yw so desperately want to do it differently. Have another type of relationship - but yw can't. it's just not possible! Surrender to that reality + maybe things will start turning around - B/c I know that's not what yw want to spend time doing - quite the opposite - but the pull is so real.

So, I cleaned up today,  
Eric hopefully goes on with  
it. I think I'm going to be  
home for at least a ~~week~~ <sup>month</sup> -

see how integration feels.

And I'll spend all of September  
down here - focused + healthy.

8.5.19 #6

Hooked

8.12.19 #7

Really. That. was. It! It's  
been a wave of emotions - up's  
+ down's.

8.14.19

It's when I get overwhelmed -

I tend to want to "escape"

r/or shut down. The feeling

just crept up and made me

want to "run" + smoke -

but I know that's not a

great idea/option. So instead,

I am writing about it.

I am getting anxious about

seeing Howard! It feels


a little crazy. I've been so



used to being on my own +  
doing "me" + now have to  
think about others. There is  
anxiety + not sure where it  
comes from... maybe its "lack"  
of having substances - its been  
5 full days. Its been the  
longest Ive gone in awhile.

I think it might be good for  
me to run on the treadmill.

8.30.19

I've been waiting! silly how this  
date has so much significance  
in my life. But it was the day  
I began the "clear vision"  
journey that has lasted now for  
6 years. 6 years without  
drinking + sometimes I miss  
it + other times, most times, I  
thank my lucky stars'   
The 29th would be the other  
date if I can hold to it.

wise intention, wise effort,  
wise action. I feel like I  
am able + willing - that  
working girl/CEO in me - wants

to run recovery like a business,  
making sure I get to a meeting  
everyday, workout my body,  
treat body with love + care.  
Do the next right/wise thing.  
Am I getting closer to peace +  
serenity or farther away from it?  
Tonight I will go to Refuge  
Recovery + be amongst some  
familiar peeps. I, so badly,  
want to give yoga another try -  
free my body from toxins. I  
think I'm going to go home on  
Sunday + head back down  
Sunday/Monday evening.

I have a big week + one that  
I am excited for - not much  
to do until Monday.

Sunday - Home in DE  
- discuss money w/parents

Monday - Shore?

Tuesday - call Accountant re taxes  
wed -

Thurs

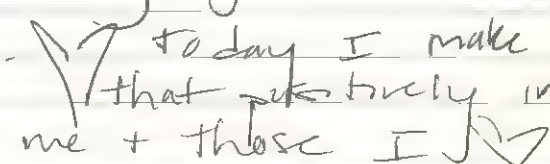

Fri -

Sat

Sun -

8.31.19

Today's theme was "denial" -  
to be compassionate for others  
denial + keep them safe +  
warm in comfort. That's  
what I am going to do for  
ang. Howard is among the  
fishies! Day @ The beach  
with a book, sunscreen, +  
peace, went to a great NA  
meeting today! It was @  
a local homeless shelter +  
I was the only woman not of  
color. I want to give back  
again. I see myself directly  
+ positively impacting people's

lives for the better. I  
miss my work - but I also  
know that, that will only  
happen if I'm taking care  
of myself. Today is technically  
day 4 - The next few are  
slightly precarious - but I am  
going to get through. My finances  
also need to be straightened  
out. But I am going to make  
movement in the financial  
responsible path + now that  
my higher power + manifestation  
will bring gifts + fruits to  
bear.  today I make (+) choices  
that positively impact  
me + those I 

9.1.19

First day of September - usually my favorite month - The beginning of Fall, The end to a long, hot, summer. I'm still trying to put the pieces back together. Figuring out my long-term plans while also trying to stay present + remind self that I'm exactly where I need to be. There are loose ends and sad conversations ahead of me. Getting on the same page as Howard, saying goodbye to Delray, Figuring out financial arrangements and living set-up.

It's gotten better - Don't feel so alone however it's still not where it should be. Been 3 weeks + still haven't slept with him. Entire month @ home. It's been partly circumstance + partly choice. But something has to give + sooner the better. The one thing I do know is that I spend entirely too much time on my phone - Insta, FB, etc. So today I am going to take a break + not pick phone up until much later in day.



Everything is as it should be.

I expect + accept great  
abundance to come into my life.

9.3.19

This will ruin your entire life.

Caron detox.

Tired.

Annoyed.

Feeling un-courageous

Defeated

9.4.19

Second day - Now on unit.

All the women are lovely +  
Staff has been great.

Feeling anxious as tonight is  
First debate on climate change.

Feeling horrible about what I  
put/stress I just put my dad  
through.

The idea of being 100% sober  
is appealing to me but Foreign.  
my life Siberia - what does that  
involve? Productive, fit, healthy,  
purpose, passion.

3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13  
+ W Th F S S M T W Th F

I don't want to be here long -  
14 days feels right but will have  
to see how that goes.  
AHH

moment decided to use - accomplished  
something. No longer feel helpless  
could, would, take action that  
make me feel better.

Being in control, when so  
many things feel out of my  
control.

Relieved when make initial decision

14 15 16  
S S M

Husband - Feeling no agency;  
no say; avoiding feelings  
for risk of conflict.

Spoke to Elizabeth about debate +  
she said he did "great" - gave  
specific details + said was  
strong. This makes me incredibly  
happy. A sense of relief.  
called Howard and there was  
no answer + so left a message

Right now I am just going with the flow...

Feeling sad but resigned. I am here + here is where I'm suppose to be. I am trusting that all will work out... giving it up to God. Missing both at the same time. Feeling that I so badly want to talk to Eric but know that this time + space away is good for me. It's a re-commitment, a refresher to remind myself that I'm not alone. That I don't have to continue living in the obsession. I am most likely going to experience intense cravings in day 5 or 6. But this time I will have a buffer. I won't be able to access + that two week period will be the longest I've gone in awhile.

I just mapped out + the results were a little shocking. I think the longest period of abstinence has been 10 days since basically March. So what is it - its picking up the first one. Once I do that, all is downhill from there!

9.5.19

Second day @ women's unit. It was a good day... I reached my goal. I went to the gym, smoked less cigarettes, worked through reservations with AA vs. NA. August 30th will always be a special day for me. But my sobriety date is 9.4.19. I'm using Beaul as my higher power. It's getting easier to comprehend 100% sobriety + my long term goal is one year of continuous sobriety. I won't have phone privileges for another 2 days which sucks. But I guess it's better for me to truly focus on myself. The women here are amazing. I truly love them. Forming strong bonds. This just might be the real deal - only took me 15 years to get here. But better now than never.

9.6.19

Feeling less anxious today. Just a little pissed at self. Feel slightly embarrassed + silly that I'm back in this spot but ultimately it was the courageous thing to do. My goal End

Today is to continue working out + going to the gym. To hone into the "critical moments" + truly get clear on what I must do to ensure I'm not here again. That involves saying "goodbye" to some really close friends Peter, Angela, Kiadii, Shendani, Nick. Those are the repeat offenders. I think for a period of about 6 months I will have to stay clear of anyone who uses. I can contact via phone but not see in person. What are my "critical moments"?

- Angry at Press
- Sense of accomplishment - reward
- Feeling like I'm not being heard "powerlessness"
- Being around others who are high
- Boredom; lack of structure, free
- "opportunity to get 72 hr' time period."

9.7.19

Today was a good day + I am grateful for so much. I am finally at peace with being here knowing it's the absolute best thing for me. I spoke to E today.

He looks great + sounded great - saying how much he misses me. I miss him too. The Dilemma of it all - but I do know that it will work out the way it should/will. think he is regretful of NOT staying sober + fucking up time together up. But it would have been him or me. I'm actually excited for him to go to a meeting with me. And then I have Howard coming to see me tomorrow. I am nervous + feel happy that he is coming @ the same time. I know this is my time + will not pick up under Any + All circumstances for a period of one year. Asking my higher power for signs to help + support me in this extremely difficult  $\nabla$   $\Delta$ . Excited to wake up for coffee tomorrow.

9.8.19

In bed with my coffee. Had nightmares all night. Dreamt I got with Brendan who was with Liz @ the time. Dreamed that people from my past were trying to kill me - the speaker



From last night + some new  
organs peeps. kept getting phone  
calls from people who said that  
they wanted to kill me + was  
hiding all dream. Think it was  
drugs that are trying to kill me.  
Today is 6 days clean + sober.

Howard came to visit - it was lovely.  
First time in over a year. Sad  
that I've been in 3 places since  
then. Where do we go from here?  
I'm not entirely sure. Talked to  
Enc today and he seems lost  
in his future plans... afraid he  
will relapse... When I leave.  
I can't control his behaviors -  
I can't control anyone but myself.  
Today is Day # 15 + I can  
tell my cravings + irritability  
kicking in. Just gotta get through  
the next 19 days.

9.11.19

The past 2 days have challenged me  
But I'm on the mend. Howard  
will give me money to live for  
the next 6 weeks. My cold has  
gone to my chest - Bronchitis -  
I must stop smoking. Tomorrow  
is the day Howard + I got  
engaged 18 years ago. I have  
a great feeling about the debate.  
Tomorrow is a good day +  
it was 8 years - it's a sign.

9.13.19

Friday, The 13th. Feeling really  
down today. Off. Is it the  
date? Is it the weather? Is  
it the fact that I've quit smoking?  
It's been 2 full days. I quit  
on 9.12.19. I leave here in 5  
more nights. Getting through the  
weekend which is all about  
come down time. This will be  
good for me. I will read.  
do work, write letters, +  
really try to focus. This is my  
cross to bear. Giving it all  
over + up to God. I can't  
know where Howard's head is  
@ + although I know he loves



me... I just don't know if we  
can make it work. It sucks  
but there is not much I can do  
Right @/in this moment but pray  
for guidance from the universe/  
higher power. Feeling homesick +  
I think its b/c I'm not going  
home.

9.15.19

It's 6 am in the morning - rainy  
+ foggy outside but bright +  
clear inside this head of mine.  
I had a pretty amazing God  
moment / Higher Power moment.  
Woke up at 5:30 am and for  
some reason - picked up an  
article on the bookshelf -  
wasn't visible just in one of  
those slots. I was going to  
read the "Judy Collins" article  
but instead was drawn to  
an article wrote by "David Black".

Not only did he have the same  
DOC as me But he said a  
few things that have  
resonated with me more than  
most. He also used like I had.

## Poignant Advice -

"My drug addiction was meant to turn down that kind of intensity. Whether its intense joy or intense involvement in working."

"Part of it was the intensity - which sometimes is the intolerable burden of consciousness" - it's too much!


"I didn't give up on myself."

"I knew that there would be times when I really wanted to use, but I could decide not to."

11  
Now I am aware of the  
experience of suddenly having  
a silence when the Reality  
Floods in everyday. It gave  
me a model for experiencing  
the world in a way that  
the intensity, instead of being  
threatening, becomes joy  
producing, physiologically.  
Joy + anxiety + excitement  
+ Fear - physiologically -  
the same neurology is  
going on. It's just that  
our interpretation differs.

we describe it to ourselves  
as one thing or another.  
So I'm learning more +  
more how to describe that  
Feeling not as anxiety or  
fear - But as joy."

You can feel it as joy  
most when you are moving  
in the same direction  
that God is moving in  
the world."

when in opposition it feels  
like Fear + Anxiety.  
when you're moving in the  
Right Direction ↑ it feels  
like joy + Bliss.   
- David Black



I am feeling intense sadness /  
Feeling homesick + interestingly I  
only have 3 more nights and two  
more days. I may ask if I can  
leave + go home on Tuesday  
evening - Not too sure I should  
push it or Request it. What's a  
few more hours although would be  
so nice to go home. I think  
it's due to me not smoking -  
dopamine levels have plummeted.  
They say that day # 3 is the  
hardest. Although I want to  
look it up on the internet.

Feelings - those Mother Fuckers!  
I think I'm going to ask to  
leave on Tuesday morning /  
afternoon. Or maybe I stay  
thru Wednesday? Going to give it  
up to higher power + ask that the  
right answer come along...  
Kevin [REDACTED] - what  
was the fucking point - It was too  
good to be true. He fucked around  
with my heart + totally used me -  
He loved his wife the entire time.  
I blocked it out - I used b/c  
of him + need to get honest about  
that with someone. I don't think



I realized the pain that was  
caused today. Funny how things  
Surface. It's been a long while  
since I have been sober for

14 days. ~~14 15 16 17 18 19 20 21~~  
~~22 23 24 25 26 27 28 29~~  
~~30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31~~

(122)

9.16.19

meditation with Meredith today -  
She took us to the island of  
possibilities. It was surprising  
what came up for me. Howard  
was there + we were happy  
together and I had children.

That was a First for me.  
There were children by my side  
+ on my back and Howard  
was my love. There was justice,  
passion, clarity, responsibility,  
Love, hope, and a deep sense  
of calm.

9.16.19 continued

I'm going to discontinue this  
journal after I leave here. I  
no longer have use of the  
past other than a reminder.  
I am heading into the future  
+ leaving my addictions  
behind on magic mountain



I have learned + processed a lot while here - in just the two weeks I've been away. I've learned my triggers, learned some useful DBT skills, re-interated and proved to self just how good I can be when sober, made some good/lasting friendships, reminded self of what needs to be done, re-committed myself to complete sobriety, quit smoking! It will be one week when I leave here + feel dealt with some fucked up triggers / stressors. I re-committed myself

to health + wellness. I need to be there for the kids, for my parents, for Howard, + for myself. This needed to happen + it was the perfect Timing - Divine Intervention. I will live in Dad's Honor. I will stop hurting myself. I will stop abusing my Body. I will surrender to Feeling (F) Surrender to this disease - wholeheartedly, Fully, completely, Gladly.



8.17.19

My last full day on magic Mountain  
I am so grateful for this  
gift of recovery. I know I  
have my higher power/consciousness/  
guardian angels by my side  
+ for the first time feel as  
though I have myself. I have  
my own back.

9.18.19

It's 3 am in the morning and I  
can't sleep. went to bed at 10 pm -  
5 hours of sleep! I know its b/c  
I had a strong cup of coffee @  
4 pm and I am going "home"  
today. I had a beautiful  
coln out. And suprisingly, Kate  
said the most profound + meaningful  
words. The I have beauty +  
pure muscle in that brain.

I am leaving here renewed -  
rested - re-energized for my  
life. 16 days ago, I was dropped  
off and now I am leaving  
with more confidence + hope  
than I've had in awhile.  
I am so grateful for who I've  
met, what I learned, and  
who I am becoming without

The poison + shit polluting  
my precious body.

It's been 7 days without a  
cigarette + 16 days without  
any substances in this body  
of mine. Keep going -  
moving ahead to a healthier  
life filled with wellness.